

Part One: Services and Information that help you remain in your home

2-1-1

2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. United Way **2-1-1** will help callers find resources for basic human needs such as food banks, clothing closets, shelters, transportation, support for children, youth and families, physical and mental health resources and employment services. **2-1-1** is an easy way to get help or give help. One call gives people access to thousands of community resources. All **2-1-1** calls are confidential and free.

Adult Abuse

Protective services for vulnerable adults living in their own homes or a licensed residential home are provided by the Kansas Department of Social and Rehabilitation Services (SRS) and the Kansas Department on Aging (KDOA) for the purpose of preventing or alleviating abuse, neglect, exploitation or fiduciary abuse. In Kansas vulnerable adults are persons 18 years of age or older who are unable to protect their own interests, who are harmed or threatened with harm through action or inaction by themselves or others. Typically this includes the elderly, physically disabled, mentally ill and developmentally disabled individuals.

A report should be made to SRS when an adult is in a harmful situation or in danger of being harmed, unable to protect him/herself, a specific incident or pattern of incidents suggests abuse, neglect, or financial abuse, or exploitation is occurring. A report should also be made when an adult is unable to provide for or obtain the services necessary to ensure their safety and well being or to avoid physical or mental harm or illness. Specific information is needed in a report. Be sure to include the name of the person, their exact location, any information about the nature of the abuse, neglect, financial abuse or exploitation and specific names, addresses and phone numbers of any caretakers, next of kin, witnesses or the alleged abuser.

Elderly Living at Home:

Call your local SRS office or 800-922-5330 (also for child abuse)

Mentally Ill Person in an SRS Institution:

800-221-7973

Person Living in an Adult Care Home or Hospital

800-842-0078

Adult Day Care

What is Adult Day Care?

Adult day care centers provide a variety of services, from health care to recreation. Centers are usually open during working hours and may stand alone or be located in senior centers, adult care homes, or religious organizations. Adult day care staff may monitor medications, provide hot meals and snacks, and social activities. Currently, adult day care centers are licensed by the Kansas Department on Aging. It is important to visit the center, talk with staff, and speak with other families who use the center to make sure that the center is able to meet your needs.

Whom do I call for more information?

For more information, contact your local Area Agency on Aging, hospital, doctor, senior center, public health department, or look in the county specific Directory of Services under "Adult Day Care."

Aging and Disability Resource Connection (ADRC)

The Kansas Department on Aging is working with a coalition of state agencies, service providers, advocacy organizations and consumers to develop an Aging and Disability Resource Connection (ADRC) project in Kansas. ADRC's use a consumer-focused, "no wrong door" approach to streamline access to program information, application processes and eligibility determination for all aging and disability services. The ADRC project is funded in part by a joint grant from

the Centers for Medicare and Medicaid and the Administration on Aging.

Developing an on-line resource manual is one of the four main goals of the ADRC project. State staff is working with the ADRC State Advisory Board, KDOA Information Technology Department and ADRC pilot sites to develop an on-line resource manual with vendor RTZ Associates. Work groups are being brought together to develop the look of the page, make decisions on content and ensure that the website is user friendly. Some of these groups will include consumers which will be involved through the ADRC pilot sites in Hays and Wichita.

The on-line resource manual may be available in early 2010.

Alzheimer's Disease and Related Dementia

What is Dementia and Alzheimer's Disease?

Dementia is a general term for several diseases that cause changes in an individual's orientation, ability to remember, reasoning and judgment. Ability to learn, personality, language skills and a person's perception can also be affected. The losses caused by dementia interfere with a person's ability to function normally in personal, social and occupational activities.

Alzheimer's disease accounts for 60 to 80 percent of all dementia cases. It is an irreversible progressive brain disorder that occurs gradually and results in memory loss, behavior and personality changes and a decline in thinking abilities. It is the sixth leading cause of death among adults.

It is estimated over 5 million Americans suffer with the disease. The number of Americans with Alzheimer's and other dementias is increasing every year because of the steady growth in the older population. The number will continue to increase and escalate rapidly in the coming years as the baby boom generation ages. (*From the 2009 Alzheimer's Association - Alzheimer's Disease Facts and Figures Report*)

Individuals who are having dementia symptoms should discuss the signs with their family physician. The physician will order the appropriate tests or refer the individual to another physician, or to an Alzheimer's diagnostic center. An early and thorough diagnostic workup is important to rule out other diseases and conditions that can also cause dementia. The diagnostic process includes a medical history, psychiatric evaluation, physical examination, neurological exam and laboratory tests.

The Alzheimer's Association Safe Return Program assists in the safe return of individuals with Alzheimer's or a related dementia who wander and become lost. It is a nationwide identification, support and registration program working at the community level. Contact the Alzheimer's Association for registration information.

Alzheimer's disease is a medical condition and not a psychological or emotional disorder. The more you, your family and friends learn about the disease, the more everyone will be able to support one another.

Information and Resources

The Kansas Alzheimer's Association provides support groups, training for caregivers and health care professionals, video/book library for loan or purchase, publications, referrals, newsletters, diversity outreach and safe return registry.

Alzheimer's Association Chapters in Kansas

Heart of America Chapter
3846 W. 75th Street
Prairie Village, KS 66208
913-831-3888 or 800-272-3900
www.alz.org/kansascity/index.asp

Heart of America Chapter
Northeast Kansas Regional Office
4125 SW Gage Center Dr., Suite LL 15
Topeka, KS 66604
785-271-1844 or 800-272-3900

Central and Western Kansas Chapter
347 S. Laura
Wichita, KS 67211
316-267-7333 or 800-272-3900
www.alz.org/centralandwesternkansas

The following organizations provide information and resources:

National Alzheimer's Association
225 N. Michigan Ave., Floor 17
Chicago, Ill 60601
800-272-3900 24-hour care counselor
www.alz.org
message boards/chat rooms at
www.alz.org/messageboards

Parkinson Foundation of the Heartland
8900 State Line Road, Ste 320
Overland Park, KS 66206
913-341-8828
www.parkinsonheartland.org

National Parkinson Foundation, Inc.
1501 NW 9th Avenue
Bob Hope Road
Miami, FL 33136
800-327-4545
www.parkinson.org

Area Agencies on Aging

What is an Area Agency on Aging?

The best place for elders and their families to begin their search for assistance is at an Area Agency on Aging (AAA). There are eleven Area Agencies on Aging in Kansas that can provide information regarding in-home services, financial assistance and community resources that help Kansas elders remain at home longer. Often the first person you will talk to is an Information and Assistance staff person. This person will be able to discuss your situation and help identify any available resources, whether in the community or within the AAA.

Whom do I call for more information?

Contact information for the 11 Area Agencies on Aging and a map showing the counties they serve is on page 32 or access the web at www.agingkansas.org/aaa.

Assistive Devices and Technology

What are assistive devices and assistive technology?

Assistive technology can be any item, piece of equipment, or product that is used to increase, maintain or improve the living and working capabilities of people with disabilities. Examples of assistive devices include Braille printers, computer-based communication systems, electronic page-turners for books, power wheelchairs, talking books and calculators, bath benches, grab bars and telephone devices for persons with hearing impairments.

Where do I find and how do I pay for assistive technology?

Check with your local Area Agency on Aging, church, civic group, veterans' organization, senior center or lending closet for assistive devices such as wheelchairs, walkers, hospital beds, etc. You may also contact the statewide lending closet at Occupational Center of Central Kansas (OCCCK) in Salina at **800-526-9731**. There may be other lending agencies in your area.

In addition, the agencies listed below provide information and referral, advice on financing, training, and technical assistance about assistive devices and technology. You may also contact your Area Agency on Aging or local Center for Independent Living for additional information and financing ideas. See the maps on pages 32 and 34 for one near you.

Envision, Wichita
Phone: 888-311-2299

Kansas Assistive Technology Access Sites
Kansas Equipment Exchange
Phone: 800-526-3648
www.atk.ku.edu

Kansas Assistive Technology Cooperative (KATCO)
Phone: 866-465-2826 V/TT
620-341-9002 V/TT

Occupational Center of Kansas (OCCK), Salina
Phone: 800-526-9731
TDD/TTY: 785-827-9383

United Cerebral Palsy of Kansas
(only for those with Cerebral Palsy)
Phone: 316-688-1888 ext. 538

Family Caregiver Support Program (FCSP)

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is not an easy role, nor is it one for which most of us are prepared. Whether you are a caregiver, know a caregiver or are expecting to become a caregiver, there is information and assistance to help. Call your local Area Agency on Aging (see page 32).

What is the Family Caregiver Support Program?

The Family Caregiver Support Program (FCSP) is a federally funded program. In Kansas your local Area Agency on Aging provides a FCSP designed to assist caregivers in the areas of health and finance, and in making decisions and solving problems related to their caregiving roles.

Who is the customer?

Caregiver – an adult family member, or another individual, who is an informal provider of in-home and/or community care to an older individual who is 60 years of age or older, or an adult caring for an individual with Alzheimer’s Disease.

Grandparent or relative by blood, marriage, or adoption who is age 55 or older providing care for a child who is younger than 19, and; 1) lives with the child; 2) acts as the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; and 3) is raising the child either formally through legal custody or guardianship, or informally.

Either a grandparent or relative by blood or marriage who is age 55 or older providing care for an individual, age 19 to 59, who has a disability. This caregiver cannot be the individual’s parent.

Each Area Agency on Aging (AAA) will receive an allocation of funds for FCSP service delivery. Through public hearings, focus groups, etc. it will be determined what the needs are for their specific area. The services that may be available include:

- Information – Group services or events for caregivers about available services.
- Assistance – To provide information on opportunities to assist caregivers in gaining access to services.
- Caregiver Training – Providing instruction about options and methods to assist caregivers in the areas of health, finance, and in making decisions and solving problems relating to their caregiving roles. This can be done in an individual or group setting.
- Individual Counseling – The provision of advice or guidance to caregivers. This also includes grief and mental health counseling.
- Support Groups – Provision for providing support to caregivers. Providing guidance or instructions on organizing support groups.
- Respite Care – Respite enables a caregiver to be temporarily relieved from their caregiving responsibilities. It provides a brief period of relief or rest for caregivers. It can be in the form of in-home, adult day care or institutional respite for an overnight stay on an intermittent, occasional or emergency basis. Specific eligibility requirements must be met to receive this service. Respite may also be available to grandparent or relative caregivers through day care, after school or camp activities.
- Supplemental Services – Other services (attendant and/or personal care, bathroom items, chore, flex service, homemaker, repair/maintenance/renovation, or transportation) on a limited basis to complement the care provided by caregivers. Specific eligibility requirements must be met for caregivers to receive these

services. However, there are no specific requirements for a grandparent or relative caring for a child under 19 years of age.

Whom can I call for more information?

For more information on this program, contact your local Area Agency on Aging. See page 32 for the one closest to your area.

The 11 Area Agencies on Aging in Kansas are committed to meeting the needs of older Kansans. Caregivers may turn to their local Area Agency on Aging for information and assistance on the most efficient ways of tapping into varied sources of support.

Chore Services

What are Chore Services?

Chore services provide assistance with heavy housework, yard work or sidewalk maintenance. These services are usually available at an hourly rate or on a sliding fee scale based on income and liquid assets. Some communities have volunteer programs that provide chore services without charge.

Whom can I call for more information?

Friends, neighbors, civic and religious groups are good places to start. You may also contact your Area Agency on Aging for help. To see what is available in your area, check the county specific Directory of Services or in your local telephone book's Yellow Pages under "Household Help," "Home Maintenance/Repair," "Handyman," or "Housekeeping."

Disability Services

Home and Community Based Services for the Physically Disabled (HCBS-PD) This program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines. The program promotes independence by providing a variety of services including Independent Living Counseling, Personal Services and Assistive

Services. Call the Center for Independent Living for your area for more information. Refer to the map on page 34 for further information.

Centers for Independent Living - Centers for Independent Living are non-residential, community based, private, non-profit organizations that are designed and operated by individuals with disabilities. The Centers for Independent Living offer varied services which may include Individual and System Advocacy, Information and Referral Services, Peer Counseling, Independent Living Skills Training, Advocacy and Legal Services, Housing Assistance, Personal Skills Instructions, help in obtaining assistive devices, Communication Services, and Home and Community Based Waiver Services for the Physically Disabled. Refer to the map on page 34 for further information.

Driving

Giving up driving is very difficult for most people. Driving gives a person freedom and control, a sense of self-esteem and independence. Often concerns arise about elderly parents, neighbors or friends and their ability to drive safely. Some signs to watch for include: forgetting how to get to familiar places, failure to follow traffic signs, poor judgment of distance, making turns that are too wide or too tight, making poor decisions in traffic such as failing to yield or too slow to react to emergencies. Another sign is a series of fender-bender accidents.

Here are some simple tips to help you drive safely longer.

- Have regular check-ups including eye and hearing exams
- Take part in an exercise program so that you maintain your health and can react quickly
- Ask your doctor if any of your medications can affect your driving
- Reduce noise in your car; turn off the radio
- Ask passengers to not disturb you in high traffic or confusing situations
- Reduce long distance driving, but when necessary plan rest stops along the way and allow plenty of time

- Avoid high traffic times and areas; drive only during the daylight hours
- Do not drive in bad weather; wear your seat belt properly; call **511** for road conditions
- Make sure your car seat and mirrors are adjusted for your height
- Keep your car well-maintained and equipped with emergency equipment such as a flashlight and blanket
- Take a refresher driving course to improve your skills and possibly get a discount on your insurance

As you begin thinking about driving less, consider other options. For example, is there a church van that provides transportation to church or can you create a car pool? Is there a pharmacy or grocery store that will deliver for a small fee? When there is a family event or major outing ask other family members if you can ride with them.

Whom can I call for more information?

Call your Area Agency on Aging to find out about driver safety training opportunities in your area. There may also be other transportation options available in your area. The telephone number for the Area Agencies on Agency is on page 32.

Eldercare Locator

The Eldercare Locator is a national toll-free referral number funded by the U.S. Administration on Aging (AoA) to assist older people and their families in finding community services for seniors anywhere in the country.

Eldercare Locator Information Specialists take calls Monday through Friday, 8 a.m. to 7 p.m. All calls are confidential. Recorded voice messaging is available 24 hours a day. The toll-free number to call is **800-677-1116**. Information is also available on line at www.eldercare.gov

Food Sales & Homestead Property Tax Refund

Do you qualify for Food Sales Tax Refund?

If you were a Kansas resident all of 2009, you are eligible if your Kansas adjusted gross income (KAGI) for income tax purposes is \$31,900 or less, and you:

- Are 55 years of age or older, OR
- Disabled or blind during the entire year, OR
- Have a dependent child under age 18 who resided with you for the entire year.

For those with an income between \$0 to \$15,150 you may be eligible for an \$80 refund and those with incomes between \$15,150 to \$31,900 may be eligible for a \$39 refund.

Check the food sales refund box and complete the food sales tax refund line on the Kansas individual income tax return, Form K-40 and mail to the Kansas Department of Revenue anytime from **January 1 through April 15**. If you do not have to file an income tax return, complete the name and address information on Form K-40, check the food sales tax refund box, and sign the return.

Do you qualify for a Homestead Property Tax Refund?

As a Kansas resident for all of 2009, you are eligible for a refund of up to \$700 if your total “household income” is \$31,300 or less, and you:

- Are 55 years of age or older, OR
- Are disabled or blind, OR
- Have a dependent child under 18 who resided with you for the entire year.

“Household income” is generally all taxable and non-taxable income received by all household members during 2009. You can complete a “Kansas Homestead Claim,” Form K-40H, and mail to the Kansas Department of Revenue anytime from **January 1 through April 15**. It can also be filed electronically through E-File and KS WebFile. A

new form, K-40PT, is available for homeowners aged 65 or older with a household income of 120% or less of the federal poverty level. This form will allow them to get 45% of the property taxes paid in a timely manner. Taxpayers qualifying and electing to use this form cannot file a K-40H. It also goes the other way; if you file a K-40H then you cannot file a K-40PT.

There is also new legislation for people receiving Social Security disability payments prior to attaining full retirement age. Eligibility has been expanded to include Disabled Veterans and Surviving Spouses. Disabled Veterans must be Kansas residents, honorably discharged and certified for permanent disability sustained through military action. Surviving spouses cannot be remarried. Check your tax booklet for further information.

Homestead Refund Advancement Program – This option allows eligible homeowners who received a 2009 Homestead refund to use their anticipated 2010 Homestead refund (advancement) to pay up to the first half of their 2010 property taxes. The amount of the advancement is based on the 2009 Homestead refund. There will be a box on the K-40H Form to mark whether or not you want your refund to go directly to the appropriate county. Rather than receiving your refund, you will then receive a notice stating that your refund has been sent to the appropriate county.

Whom can I call for more information?

If you have a question about the Kansas Homestead program or need help to complete your claim, call the Kansas Department of Revenue (KDOR) at **785-368-8222**. Forms can be requested at **785-296-4937**. Information and forms are also available on the KDOR web site at www.ksrevenue.org. Personal assistance to complete your claim is available from the Topeka Assistance Center, your county clerk or from free volunteer tax assistance programs. Contact your local Area Agency on Aging, Community Action Program, senior center, library or county clerk for information on assistance in your area.

Fraud and Scams

“No one can take advantage of me; I’m too smart for that!” This phrase is often used by people who think they won’t be a victim. Unfortunately, it does happen and it can happen to anyone. Senior citizens are especially vulnerable because they have a steady income, are at home more and are generally more trusting. Examples of common problems include door-to-door sales, home repair scams, Medicare and Medicaid fraud, mail order fraud and identity theft. Remember, if it sounds too good to be true, it probably is.

The following resources may be able to help if you or someone you know becomes a victim or you believe someone is trying to take advantage of you.

Kansas Department on Aging SMP/SHICK programs **800-860-5260**

Federal Trade Commission
877-438-4338 (identity theft) www.ftc.gov or
Federal Trade Commission, **877-382-4357** (help)

Kansas Attorney General,
Consumer Protection Division
at **800-432-2310** or www.ksag.org

Kansas Charity Check
www.KsCharityCheck.org (check out Kansas
charitable organizations before giving)

Kansas Insurance Department,
www.ksinsurance.org, **800-432-2484**

Kansas Securities Commission, **800-232-9580** or
www.securities.state.ks.us (financial services), or

Kansas Securities Commission, **888-40-SCAMS**

No-Call Telemarketing, **888-382-1222**
(to stop telemarketing calls)

Friendship and Assurance Programs

What is a “friendly visitor” program?

Friendly visitor programs can have other names, but their purpose is to provide regular visits to older persons who are lonely and need companionship. Friendly visitors stop in regularly and do what needs to be done, such as write a letter, run an errand or just chat over a cup of coffee.

What are telephone reassurance and “phone pal” programs?

Many communities offer telephone reassurance programs in which a volunteer calls individuals each day to make sure everything is okay. If you want a phone pal to call you, or if you want to become a phone pal, contact your local Area Agency on Aging. If there is no reassurance program in your community, you may want to organize a “phone pal” program.

What is an emergency alert device?

Many local hospitals and agencies rent special emergency alert devices (sometimes called “personal emergency response” services). These devices can be easily activated by an individual if trouble occurs. Some devices are designed to be worn around the neck; others are designed to be placed at a fixed location in the home. When activated the device sends an emergency signal that calls for help. Emergency alert devices are helpful for persons with life threatening medical conditions and those who live alone.

What is a “gatekeeper” program?

Gatekeeper programs operate in some Kansas communities. Utility workers and postal employees are trained to watch and recognize signs that indicate an individual is ill or in trouble: an unmowed lawn, accumulated mail, etc., may be “tell-tale” signs. These workers and employees are provided phone numbers and people to contact for help if they observe a problem.

Where can I find more information about friendship and assurance programs?

Friendly visitor, telephone reassurance and phone pal programs are usually free. The emergency alert devices, such as “LifeLine,” have a one-time installation fee, plus a monthly charge. Medicaid may pay a portion of the monthly cost; the Senior Care Act may provide assistance in some Kansas counties. Contact the Area Agency on Aging serving your county.

Health Insurance and Prescription Drugs

Medicare information is available on the www.medicare.gov website, including the option to enroll in Medicare Part D insurance.

The Senior Health Insurance Counseling for Kansas (SHICK) program has volunteer counselors available statewide to answer questions about Medicare, explain the different policies and options, and help you enroll in Prescription Drug coverage. SHICK volunteers offer confidential assistance and do not represent any insurance company. These volunteers are available to answer questions about Medicare, Medicare Supplement Insurance, Medicare Prescription Drug Coverage (Part D), Long Term Care and other insurance concerns.

Volunteers can assist Medicare beneficiaries in applying to the Social Security Administration for extra help in paying for their Part D coverage. Volunteers can help beneficiaries apply for low-cost prescription drugs if the cost of prescription drugs creates a financial hardship. For the program nearest you, contact the Senior Health Insurance Counseling for Kansas office at **800-860-5260**. You may also want to check the Kansas Department on Aging website at www.agingkansas.org/shick/shick_index.html.

Helpful Insurance Booklets

The Kansas Insurance Department produces several booklets on health insurance. These are available from the Consumer Assistance Division of the Kansas Insurance Department at **800-432-2484**.

The booklets include:

- Medicare Supplemental Insurance Shoppers Guide
- Long Term Care Insurance Shoppers Guide

Home Health Care

What is home health care?

Home health care can include skilled nursing, occupational, respiratory, speech and physical therapy, or home health aide. It can include assistance with dressing, bathing, toileting, and self-administered medications. Home health care covers the use of assistive devices such as walkers, hospital beds, wheelchairs, and oxygen. Home health care is usually medically oriented and is different from the homemaker and personal care services mentioned in the next section. People who provide home health care can be registered and licensed practical nurses, therapists, or homemaker-home health aides. They usually work through a home health agency, hospital, or public health department.

Kansas home health agencies must be licensed and surveyed annually. You may be able to verify their reputation through your local health department, Area Agency on Aging, or Kansas Department of Health and Environment. Ask the agency if they are accredited by additional professional organizations and request a copy of the accreditation report. All home health agencies are required to follow the Client Bill of Rights and a copy should be given to each client. If you have any problems, call **800-842-0078**.

What programs help pay for home health care?

Medicare or Medicaid may pay for home health visits if all of the following conditions are met, you: a) must be homebound; b) need intermittent skilled nursing care, physical therapy, or speech therapy; c) must be under the care of a doctor who determines you need home health care and sets up a home health care plan; d) must use a home health agency certified to provide Medicare services; e) meet the age and resource eligibility guidelines when using Medicaid. You do not have to pay a deductible or coinsurance when you receive home health care

covered by Medicare, with the exception of a 20% co-payment on durable medical equipment (like a wheelchair). Private insurance, Medicare supplement or long term care insurance may also cover some home health care expenses. Many home health agencies also offer service on a private pay basis. There may be other sources of funding available as well. See page 29 for a listing of other programs and eligibility requirements.

What criminal background checks are done?

Home health agencies and adult care homes are required by Kansas law to check the criminal backgrounds of the people who have worked for them less than five years and of the people who apply for employment with them. Upon request, the Kansas Department of Health and Environment makes the criminal background checks through the Kansas Bureau of Investigation records.

In general, home health agencies and adult care homes may not permit people to work for them who have been convicted of the Kansas crimes of capital murder, first degree murder, second degree murder, voluntary manslaughter, assisting suicide, mistreatment of a dependent adult, rape, indecent liberties with a child, aggravated indecent liberties with a child, aggravated criminal sodomy, indecent solicitation of a child, aggravated indecent solicitation of a child, sexual exploitation of a child, sexual battery, or aggravated sexual battery or of similar crimes under Federal or other state's laws. However, home health agencies and adult care homes are allowed to employ persons convicted of some types of crimes against persons, sex offenses, and crimes affecting family relationships (except those types of crimes listed above) as long as more than five years have passed since the potential employee satisfied the criminal sentence or parole.

For in-home services that aren't provided by home health agencies or adult care homes, and are funded through KDOA or the Area Agencies on Aging, KDOA requires direct service providers to obtain sworn statements disclosing criminal convictions from the applicants, employees, and contractors who perform the in-home services.

Customers who choose individuals to provide in-home services for them under the self-directed care option of the Medicaid Home and Community Based Services for the Frail Elderly Waiver Program are responsible for requesting a criminal background check from their service providers.

Where can I find more information?

Your hospital or physician may be your first source of information about home health care, but you may also call your local public health department or the Area Agency on Aging. The county specific Directory of Services or your telephone book's Yellow Pages (under "Home Health," "Home Care Services," "Nurses," or "Nursing Services") are also good sources of information.

Home and Community Based Services - Frail Elderly (HCBS-FE)

In order to qualify for the HCBS-FE program a person must be 1) 65 years old; 2) meet the SRS Medicaid Income eligibility guidelines; 3) meet the Medicaid long-term care threshold based on information from the Uniform Assessment Instrument (UAI).

The HCBS-FE program may enable a person to stay in his or her home or make other successful living arrangements in the community. Services include: attendant care, nursing evaluation visit, adult day care, comprehensive support, assistive technology, sleep cycle support, personal emergency response, wellness monitoring, medication reminder, oral health services.

Whom can I call for more information?

Call a case management entity of your choice. A list of available case management entities for each county is available on the Kansas Department on Aging web site at <http://www.agingkansas.org/choices/programs/casemgmtentities.htm>

Homemaker and Attendant Care Services

What are homemaker and attendant care services?

Homemakers may provide assistance to customers having difficulty performing one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, doing light housework or laundry.

Attendant and/or Personal Care may include supervision and/or assistance with bathing, medication monitoring, dressing, feeding, transferring, walking/mobility and toileting.

Where can I find more information?

Contact your physician or Area Agency on Aging. You can find homemaker services in the county specific Directory of Services, or in the Yellow Pages of your phone book under "Homemaker-Home Health Aide," "Home Health Care," or "Elder Care Services."

Kansas has no training or certification requirements for non-medical attendants or homemakers. It is best to work through a reputable agency whenever possible. If you plan to hire a homemaker privately, please consider the tips on Hiring Help at Home on pages 2, 3 and 4 of this book. Remember to ask for and check references, and have other people help you when you interview the worker.

Hospice

What is Hospice care?

Hospice is a service that provides care and support to individuals and families coping with terminal illness. There are many independent providers of Hospice services. A physician's orders are required to receive Hospice care. Each patient is cared for by a team. Nursing and other medical and home-health personnel, social workers, chaplains and volunteers provide a range of services including pain relief, symptom management and supportive services for

the patient and caregiver. Hospice agencies are certified and surveyed by the Kansas Department of Health and Environment.

Services are provided whether the patient lives in a private home or a nursing home, under a doctor's direction and in cooperation with a designated caregiver. Arrangement for inpatient care is made when needed. Hospice staff assists the caregiver in caring for the individual. Members of the care team will visit on a regular basis or at the request of the caregiver. Staff can be reached 24 hours a day, seven days a week.

What programs help pay for Hospice Care?

Hospice care may be covered by Medicare and Medicaid if the patient has Part A Medicare, a physician's orders and a diagnosis of terminal illness. Check with other insurance options to see if hospice coverage is provided.

Whom do I call for more information?

Hospice agencies are located across Kansas. To learn what is available in your area, call the Life Project Help Line at **888-202-5433**. You may also contact your physician or your Area Agency on Aging for more information. Two websites where further information can be found are www.lifeproject.org and www.caringinfo.org.

Information and Referral/Assistance

Whom can I call to get help?

Finding the right agency and the right phone number when you need help can be difficult. Aging Information and Referral/Assistance (I&R/A) provides seniors with a skilled professional who will help link them to the information or service they need. I&R/A Specialists will ask questions in order to find out what community or public assistance is available, what eligibility criteria must be met and help connect you with the right agencies or organizations. While each Area Agency on Aging has an I&R/A program, the way the service is provided varies. See the map on page 32 for the Area Agency on Aging closest to you.

Legal Assistance

Where can I find Legal Assistance?

Legal assistance may be available through either the Elder Law Hotline or your local Senior Citizens Law Project (SCLP). See page 32 to locate the SCLP in your area.

The Elder Law Hotline provides access to legal services for Kansas seniors age 60 or older. Hotline attorneys are available to answer questions for civil cases only. You will not be charged for the call or attorney time. You may call the Elder Law Hotline toll free number **888-353-5337** from 9:00 a.m. to 4:30 p.m. Monday through Friday, except legal holidays. When you call, an intake person will take general information about you and transfer your call to an attorney. Attorneys who work with the Hotline are SCLP attorneys or private attorneys who handle elder law issues. The hotline also provides referrals to private attorneys through the Elder Law Referral Panel. These attorneys will charge you for their services.

Each Area Agency on Aging contracts with a legal service provider in their area to provide legal assistance to seniors age 60 or older. A SCLP Attorney will consult with you about your problem. If you cannot go to the attorney's office or senior center, a visit to your home may be arranged. These legal service providers handle civil legal issues only.

“Meals on Wheels” and Home-Delivered Meal Programs

What are Home-Delivered Meals?

Home-delivered meals are available in many Kansas communities to individuals who have been determined to meet established eligibility criteria. Meals are nutritious and tasty and are delivered by volunteers. Frozen or “shelf-stable” meals requiring minimal preparation may be available in some areas. Some providers deliver two meals daily, but most deliver only one. Special diets may be available to those who need them. In some areas of the state, (e.g. remote, rural areas) a multi-day supply of meals may be delivered.

A donation is suggested for meals, but is not a condition for receiving a meal. Spouses, regardless of age, can also receive a meal on a contribution basis if it is in the senior's best interest.

Whom do I call for more information?

For more information, check the county specific Directory of Services under "Meals - Home Delivered," or call your Area Agency on Aging listed on page 32. You may also call the Kansas Department on Aging at **800-432-3535**.

Medicare Savings Program

What is the Medicare Savings Program?

The Medicare Savings Program is a federal program which assists Medicare beneficiaries in paying for Part A, Part B and Part D coverage. The Medicare Savings Program may help pay premiums, deductibles and co-insurance amounts, depending on income. To be eligible for this program, Medicare beneficiaries' must meet monthly income guidelines. There is also a maximum asset limit of \$4,000 for a single individual or \$6,000 for a couple. Assets include money in a checking or savings account, stocks, or bonds. Countable assets do NOT include your home, a car, burial plots, up to \$1,500 for burial expenses, furniture, or up to \$1,500 of life insurance.

Whom do I call for more information?

Individuals need to request a Medicare Savings Program application from their area Kansas Department of Social and Rehabilitation Services (SRS) office. Acceptance into this program does not require an in-person interview though you will be required to provide financial information. For the SRS office in your area see the county specific Directory of Services or call **888-369-4777**.

Mental Health

What is good mental health?

Good mental health that results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity is necessary to age successfully. (*Mental Health Report of Surgeon General, 1999*) This does not mean that an older person never experiences any problems or disease, but that symptoms are treated and controlled, and do not interfere with leading a rewarding life. Unfortunately, many older people still believe the myth that mental health problems result from personal failure or weakness. This stigma means that they may not want to admit that a problem or symptom exists, and they do not seek help.

Mental disorders are not part of the normal aging process. Circumstances that can contribute to the development of mental health disorders in older adults include social isolation, stressful living conditions, bereavement, acute and chronic health conditions, and the burden of having to take care of a seriously impaired family member. Those who are at greatest risk have a great deal of stress, have difficulty adapting to changes in circumstances and routines, do not have supportive relationships, have difficulty relying on others to help cope with losses, or tend to have a negative outlook on life. Many older people develop mental health problems for the first time when they are in their later years. It is important to remember that these problems are treatable.

Whom do I call for more information?

An individual primary care physician can help; however, the most successful treatment involves both medication and counseling therapies. Community Mental Health Centers receive state and local funds to provide mental health services to individuals in their provider area. They have sliding-scale fees and accept Medicaid, Medicare, private insurance and private pay. Kansas has twenty-nine (29) Community Mental Health Centers (CMHCs). The Community Support Programs of the CMHCs generally organize services for the targeted population at the local level for adults. Case management is one of the core services.

This network of CMHCs form an integral part of the total mental health system in Kansas. The independent, locally operated CMHCs are dedicated to fostering a quality, freestanding system of services and programs for the benefit of citizens needing mental health care and treatment. CMHCs initiate and maintain close cooperative working relationships with other groups, organizations, and individuals having similar interests and goals. The Community Mental Health Centers in Kansas are listed on page 35. Information is also available at the following web site: http://www.srskansas.org/services/mhsatr_mental-health.htm.

This text was adopted from the booklet “Mental Health Guide for Older Kansans and Their Families.” The booklet was created by the Kansas State University Center on Aging, Kansas Department of Social and Rehabilitation Services and the Kansas Mental Health and Aging Coalition. If you would like a copy, it is available by calling KDOA at **800-432-3535**, using the publication order form at the back of this book, or at the following web site: www.agingkansas.org/publications.

Money Follows the Person Demonstration Grant

Kansas offers a new Money Follows the Person (MFP) program. MFP is a five year demonstration grant that permits the funding to “follow the person” to the most appropriate and preferred setting of that resident’s choice. Kansans can be served in the community as an alternative to nursing facility (NF) care. This program will help shift Medicaid’s traditional emphasis on institutional care to a system offering greater choices that include Home and Community Based Services (HCBS) and help eliminate barriers that prevent residents from transitioning back into the community. This grant will be administered through Kansas Department of Social and Rehabilitation Services (SRS), Kansas Department on Aging (KDOA) and Kansas Health Policy Authority (KHPA).

MFP provides transitional opportunities to the Frail Elderly, Physically Disabled, Traumatic Brain Injured and Mentally Retarded/Developmentally Disabilities.

To be eligible for this program the person must:

- Be a current resident of a nursing facility (NF) or intermediate care facility for mental retardation (ICF/MR) with 6 months continuous stay
- Be Medicaid eligible 30 days prior to receiving MFP services
- Meet the functional eligibility for waived services
- Have an interest in moving back to the community

Services offered under the MFP demonstration:

- HCBS waived services specific to the waiver the individual would qualify for
- Transition services - up to \$2,500 start up cost.
- Home modification/assistive technology above the \$7,500 lifetime cap
- Community Bridge Building
- Transition Coordination Services
- Targeted Case Manager Service
- Therapeutic Support (for only two waiver populations)

Housing options for MFP customers:

The MFP demonstration grant has specific criteria of housing options; customers cannot reside in Assisted Living Facilities, Residential Care Facilities, Homes Plus or Board and Care Homes.

Whom do I contact?

Contact your local Area Agency on Aging (see page 32).

Program of All-Inclusive Care for the Elderly (PACE)

What is PACE?

The Program of All-Inclusive Care for the Elderly (PACE) was developed by Medicare/Medicaid to meet the health care needs of individuals who wish to remain in the community.

The PACE program provides comprehensive health care services designed to meet the following goals :

- Enhance the quality of life and independence for older Kansans.
- Maximize dignity of, and respect for, older Kansans.
- Enable older Kansans to live in the community as long as possible.
- Preserve and support the older Kansans family unit.

How does PACE work?

A team of professional and paraprofessional staff assesses the participant's needs, develops a plan of care with the individual and his/her caregiver, and delivers all services (including hospital and other acute care and when necessary, nursing facility services). The PACE provider coordinates and provides all needed preventive, primary, acute and long term care services, so that older Kansans who need nursing home level of care can continue living in the community. The PACE service package must include all Medicare and Medicaid covered services, such as but not limited to:

- adult day center services
- diagnostic tests and other acute care
- durable medical equipment
- hospital/emergency care
- meals
- medications
- nursing care
- nursing facility care
- nutrition counseling
- oral health
- personal care
- primary care physician
- restorative/physical/occupational therapies
- surgical care
- social services
- transportation

How do I enroll in PACE?

Please contact one of the PACE organizations and they will provide an initial overview of PACE. To be eligible to enroll in the program an individual must meet the following requirements:

1. Be 55 years of age or older;
2. Be assessed to meet the functional eligibility guidelines established by the State of Kansas;
3. Reside in the service area of the PACE organization; and
4. Meet any additional program specific eligibility conditions imposed under the PACE program agreement.

Whom do I contact?

Currently, Kansas has two PACE Centers: Via-Christi HOPE serving Sedgwick County, **316-858-1111** and Midland Care Connections serving Shawnee, Douglas, Jackson, Jefferson, Osage, Pottawatomie and Wabaunsee counties, **785-232-2044**.

Respite Care

What is Respite Care?

Respite care provides time off for persons caring for family members. Respite care, sometimes called adult care sitting, provides that relief and allows the caregiver to take care of themselves, too.

There are many types of services which may be used to provide caregivers the break they need. One way is to have a respite worker come into your home for a few hours, but you may also take your loved one to an Adult Day Care Center or an adult care home that provides respite care while you take care of the other important things in your life.

Why is Respite Care important?

Today, family members are the primary caregivers of older persons. About 6.6 million Americans aged 65 and older currently receive long-term care services; family members provide two-thirds of the care. Caregivers are mostly female, usually wives and daughters. They often have many other responsibilities. To maintain a caregiver role over time, a person needs occasional relief.

Where can I call for more information?

Start by contacting family, friends, your local senior center, public health department, hospital, religious organization, adult care home, or your Area Agency on Aging. You can also find providers of respite services in your area listed in the county specific Directory of Services.

Self-Help and Support Groups

What are Self-Help and Support Groups?

Support and Self-Help Groups are usually small groups of people who have something in common, like caring for someone with Alzheimer's Disease or someone who is recovering from a stroke.

Participants get together, usually once a month, to discuss their situations and concerns. Some groups have a professional social worker or nurse who coordinates the group, while others operate on their own.

Support groups are usually free of charge, while some with professional coordinators may ask for a small donation (which can usually be waived if necessary) to cover the cost of the professional's time.

Where can I call for more information?

For information about various Support and Self-Help Groups in your area, contact your local Area Agency on Aging or the Self-Help Network. The Self-Help Network is a nonprofit, statewide information center that can give you more information about support groups in your area. Currently, the Network can provide referrals to more than 3,000 Kansas and national support groups, organizations, and help lines. Call the Self-Help Network toll free at **800-445-0116**.

Senior Centers and Nutrition Sites

Senior Centers are often gathering places for seniors in Kansas communities. They're a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each

community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed in the county specific Directory of Services to find out more information.

Activities and services that are sometimes offered at Senior Centers include:

- Computer classes
- Community service opportunities
- Counseling programs
- Craft classes
- Educational programs
- Entertainment
- Exercise classes
- Financial advice
- Health information
- Health insurance counseling
- Job service
- Legal services
- Noon meals
- Transportation

Nutrition and/or Meal Sites offer lunch programs for people 60 years and older and their spouses. Nutrition programs (sometimes called meal sites), can be found at some Senior Centers, or they may be located in community centers or churches. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses regardless of age can also receive a meal on a contribution basis. For information on "Meals on Wheels" see page 15.

Healthy Living – Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. By taking steps toward healthy living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases. For example,

- See your doctor for regular screenings, not just when you are sick
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active

- Control your blood pressure and cholesterol
- Quit smoking
- Protect yourself from too much sun

available to and from the senior center or nutrition site in your community, or check the county specific Directory of Services.

Whom do I call for more information?

Call your local Area Agency on Aging to get more information and to find out if transportation is

How is your nutritional health?

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

INSTRUCTIONS: Read the statements below. Circle the number in the YES column for those that apply to you or someone you know.

NUTRITIONAL CHECKLIST.....YES

- I changed the kind and/or amount of food I eat because of an illness.....2
- I eat fewer than 2 meals per day..... 3
- I eat few fruits, vegetables or milk products.....2
- I have 3 or more drinks of beer, liquor or wine almost every day.....2
- I have tooth or mouth problems that make it hard for me to eat.....2
- I don't always have enough money to buy the food I need.....4
- I eat alone most of the time..... 1
- I take 3 or more different prescribed or over-the-counter drugs daily.....1
- Without wanting to, I have lost or gained 10 lbs in the last 6 months.....2
- I am not always physically able to shop, cook and/or feed myself.....2

TOTAL _____

TOTAL Your Nutritional Score. If it's . . .

0-2 Good! Recheck your nutritional score in 6 months.

3-5 You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle.

6 or more You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian or other qualified Health or Social Service professional. Talk with them about any problems you may have. Consider using your local nutritional programs and/or meal sites discussed in this section

Seniors Together Enjoy Physical Success (STEPS)

As part of the Governor's Healthy Kansas Initiative, the Kansas Department on Aging has implemented an exercise program targeted for seniors over the age of 60, **Seniors Together Enjoy Physical Success**, or **STEPS**. The program, funded by The Sunflower Foundation: Health Care for Kansans, is designed to improve the quality of life for seniors by improving mobility and functioning that helps them maintain their independent lifestyles.

The exercise regimen is offered at different levels to accommodate individual's specific needs. They focus on stretching, improving balance, coordination, and upper and lower extremities strength. The program is available in nine communities: Cottonwood Falls, Dodge City, Garden City, Great Bend, Haysville, Oberlin, Osawatomie, Topeka, and Winfield. The average class size varies from 10 to 25 participants. There are a total of 12 classes among the nine communities. Garden City, Haysville and Topeka offer two separate classes due to demand. For more information, or for other exercise programs available in your area, contact your Area Agency on Aging (see page 32).

Kansas Department of Social & Rehabilitation Services (SRS)

The SRS office serving your county is listed in the county specific Directory of Services. SRS offices provide a variety of services and programs for families and older adults. Examples of these services and programs include: Low Income Energy Assistance Program (LIEAP), Food Stamps, Medicaid and other medical assistance, and Cash Assistance. See also the eligibility information on pages 29, 30 and 31 for further information, check the web site at www.srskansas.org or call **888-369-4777**.

Substance Abuse Prevention, Treatment and Recovery

The Shawnee Regional Prevention and Recovery Services program Senior Prevention/Intervention Counseling and Education (S.P.I.C.E.) is being expanded into a statewide initiative through funding by Substance Abuse Prevention, Treatment and Recovery. The S.P.I.C.E. program assists professionals, caregivers and older adults coping with substance abuse or mismanagement of medications. With training, staff from each region of Kansas will be able to speak on the topic of substance abuse and the mismanagement of medications, offer educational material, perform on-site assessments, and provide resources for interventions and treatment. Refer to the map on page 37 for a Regional Prevention Center near you. Information is also available on their web site at www.parstopeka.com.